Ergo Tip of the Week

Repetition may lead to strain....

- When bending or reaching forward, straighten up frequently and relax arms close to your sides
- While using tools, periodically loosen your grip or release your grip completely, and shake or open/close your hands to improve circulation
- Rotate job tasks that require repetition with tasks that use different muscle groups
- Stretch the muscles and move the joints you use most often to do your job
- Use good spine and upper body postures while moving objects and using tools
Whenever possible:

**PUSH** instead of pulling.

When stacking or unstacking pallets:

**BAD**

**GOOD**

Don’t reach across to stack or remove one layer at a time. Remove or stack the closest bags or containers to minimize reaching distances. Creating a pyramid effect will maintain the integrity of the overall palletized load. If necessary, walk around to the other side of the pallet to keep loads close to your body. Reaching may strain your back or shoulders.
The height you work at effects the amount of strain you put on your back and shoulders....

Whenever possible:

- Work between knee and shoulder heights
- Position tasks you do frequently or repetitively close to waist level
- Adjust height of work
  - Double-palette to raise loads up
  - Use wood blocks to raise work benches
  - Fabricate chutes and platforms if needed
- If you can’t adjust the height or position of your work, adjust the position of your body...
  - When lifting from floor or palettes – squat, kneel or bend your knees as much as possible to bring yourself closer to load
  - When reaching, use sturdy platforms or step ladders to bring load to eye level or below
  - Even if no load is involved, avoid reaching above eye or below knee level
  - Try using a “golfer’s lift” putting a leg out behind when reaching forward
Ergo Tip of the Week

Avoid Awkward Postures:

Increased potential for injury exists when you twist your trunk while lifting a load.

Forces on the spine increase when lifting, lowering or handling an object with the back bent or twisted.

Fixed awkward postures (ie., holding the arms away from body for several minutes) contribute to muscle and tendon fatigue and joint soreness.

For more ergonomic tips, visit www.osha.gov
PROTECT YOUR BACK...

...DON’T BEND OR TWIST AT THE WAIST

BEND YOUR KNEES
GET CLOSER TO THE LOAD
DON’T TWIST
SQUAT OR HALF KNEEL
FACE THE LOAD

The most common injury in manufacturing and production nationwide is a BACK STRAIN/SPRAIN!! Don’t let it be you!!!